



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Torrington YMCA Group Exercise Schedule Oct 2026



www.nwctY.org

Name: Group Exercise

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM Weights & Bands Fusion Janice NEW!	8:45AM 30 mins Stretch & Mobility Alejandra NEW! Starts Oct 13	5:30 AM Iron Surge Nick NEW!				
8:40 AM Barre Denise		8:40 AM Burn Denise	9:00 AM Silver Sneakers Zumba Jessie	8:40 AM Core & More Denise	8:00 AM Burn Denise	8:00 AM Bingo Open to all Alejandra
10:00 AM Silver Sneakers Cardio Alejandra	10:00 AM Silver Sneakers Chair Yoga Roseann 	10:00 AM S.S. Classics Jessie 	10:00 AM Silver Sneakers Chair Yoga Roseann 	10:00 AM S.S. Classics Denise 	9:05 AM Hatha Yoga Barbara 	
12:00 PM Mindful Hatha Yoga Barbara 	12:00 PM Hatha Yoga Roseann	12:00 PM Power Pump Alejandra 	12:00 PM Hatha Yoga Roseann 	12:00 PM Crunch Flow Alejandra 	10:00 AM Zumba Andria 	
12:00 PM Functional Training Alejandra Cardio Room	12:00 PM Tabata Max Alejandra Weight Room		12:00 PM Strength Strike Alejandra Weight & Cardio Room	1:00 PM Mindful Hatha Yoga Barbara		
6:00 PM Zumba Andria 	6:30PM Strength & Sculpt Kathleen 					
7:00 PM Cardio Kickboxing Jessie 		7:00 PM Zumba Jennifer 	6:30PM Zumba Latin Community Jessie 			

Attention Members

Please look at the cancelled class list for each branch, these are printed at the facility and will be on our website.

Classes cancelled after posted will be sent in an email to the members. To sign up for emails please visit our website.

www.nwcty.org

Indoor Cycling Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 6:00PM Katie	2 7:30AM Denise	3 Indoor Cycling/Spin 8:00AM Lauren	4 Indoor Cycling/Spin 8:00AM Lauren
5 7:30AM Denise 6:00pm Lauren	6	7 Indoor Cycling/Spin 5:45AM "Rise & Spin" Paul NEW! 7:30AM Denise 6:00pm Lauren	8 6:00PM Mad Dog Classic Katie	9 7:30AM Denise 6:00PM "Friday Night HIIT Riders" Marlene NEW!	10 Indoor Cycling/Spin 8:00AM Lauren	11 Indoor Cycling/Spin 8:00AM Lauren
12 7:30AM Denise 6:00pm Lauren	13	14 Indoor Cycling/Spin 5:45AM "Rise & Spin" Paul NEW! 7:30AM Denise 6:00pm Lauren	15 6:00PM Mad Dog Classic Katie	16 7:30AM Denise 6:00PM "Friday Night HIIT Riders" Marlene NEW!	17 Indoor Cycling/Spin 8:00AM Lauren	18 Indoor Cycling/Spin 8:00AM Lauren
19 7:30AM Denise 6:00pm Lauren	20	21 Indoor Cycling/Spin 5:45AM "Rise & Spin" Paul NEW! 7:30AM Denise 6:00pm Lauren	22 6:00PM Mad Dog Classic Katie	23 7:30AM Denise 6:00PM "Friday Night HIIT Riders" Marlene NEW!	24 Indoor Cycling/Spin 8:00AM Lauren	25 Indoor Cycling/Spin 8:00AM Lauren
26 7:30AM Denise 6:00pm Lauren	27	28 Indoor Cycling/Spin 5:45AM "Rise & Spin" Paul NEW! 7:30AM Denise 6:00pm Lauren	29 6:00PM Mad Dog Classic Katie	30 7:30AM Denise 6:00PM "Friday Night HIIT Riders" Marlene NEW!	31 Indoor Cycling/Spin 8:00AM Lauren	

Group Exercise Class Descriptions

POWER PUMP - Is a weight-based group-fitness program. Is the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, POWER PUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves.

CRUNCH FLOW - It focuses on every minor muscle in the core and the movements these muscles are responsible for. This is not the typical core workout where you're just cranking out tons of crunches or holding a plank for 5 minutes. The focus is on the lower ab muscles first before working your way up, you'll work your entire body with balanced poses, working on the rest of your body, plus a great needed stretch.

INDOOR CYCLING –is a challenging cardio workout, in which you can do a complete session at long and/or high intensity by increasing and decreasing the resistance on your bike. It improves your endurance. In addition, the various sitting and standing exercises ensure that you are constantly working your leg muscles and core.

INDOOR CYCLING – "Friday Night HIIT RIDERS" is a 30-40minutes indoors cycling class with high intensity interval-based spin session built around short, hard efforts with progressively shorter rest designed to maximize

calorie burn and cardiovascular challenge in a compact time. This format is often called a "Dirty 30's" or "Ultimate HIIT. The class will start with an easy pace and will pick up quickly after the first 15mins riding.

INDOOR CYCLING – "Rise & Spin" This session blends hill climbs, jump drills, and flat-road into a structured, interval-based ride. Riders will experience longer, steeper climbs interspersed with explosive jumps and, followed by recovery flats. The format is inspired by performance-oriented spin routines that mix endurance, distance, and hill work, making it adaptable for a range of fitness levels while keeping the intensity high.

CORE & MORE – With the use of a Physio-Ball, insuring every part of the core is challenged. It also ties in upper body strength movements to give a great challenge, yet well rounded low impact.

BURN - A great workout for both cardiovascular conditioning and muscular strength building utilizing some equipment.

FUNCTIONAL TRAINING - A strength training that readies your body for daily activities. These exercises equip you for the most important type of physical fitness, the kind that preps you for real-life, daily living stuff like bending, twisting, lifting, loading, pushing, pulling and squatting with or without the use of equipment.

SILVER SNEAKERS BINGO – Calling all seniors! Get ready for a delightful Sunday filled with laughter, prizes, and community spirit! We invite you to our Sunday Bingo, a perfect opportunity to socialize, enjoy some snacks, and engage in a friendly game of chance. Meet new friends and reconnect with familiar faces in a warm and welcoming environment. Time:8-10AM Location: Exercise studio. Please **RSVP** to join and ensure we have enough materials and spots for everyone.

SILVER SNEAKERS CHAIR YOGA - Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation period will promote stress reduction and mental clarity.

SILVER SNEAKERS CLASSICS - focuses on **strengthening muscles** and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

SILVER SNEAKERS CARDIO – This class will bring heart-healthy aerobics to your workout using low-impact movements. The class focuses on building upper-body and core strength with added cardio endurance.

STRENGTH STRIKE - The goal of this class is to get as many rounds or reps as possible so that you're maximizing the amount of work done in a short period of time. Categorized as a high intensity interval training (HIIT), this type of training model can help increase efficiency, stamina, and overall health.

ZUMBA® - Dancing is best described as a fun, joyful Latin inspired fitness class that combines all the rhythms in Latin music. Zumba applies dance moves from Salsa, Cumbia, Merengue, Rumba, Mambo, Belly Dance, Flamenco, Samba, Tango & Reggaetón.

TABATA MAX – Tabata is a form of high-intensity interval training (HIIT) that follows a set structure, alternating 20 seconds of near-maximum effort exercise with 10 seconds of rest for eight rounds. The benefits of this class are: Improves cardio fitness, boosts metabolism, increase strength, provides an efficient, time-saving workout, helps build lean muscle mass and boost metabolism.

BARRE - Is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can. This full-body workout also develops agility and flexibility. You'll use just the barre (or equivalent like a countertop or chair back) and your body weight to churn out rep after rep of muscle-burning move, while others incorporate tools like resistance bands, sliders, free weights & exercise balls,

MINDFUL HATHA YOGA - This yoga class offers guidance through classic hatha yoga poses, offering students time to refine the postures and coordinate them with their breath. The class ends with a period of deep relaxation. This kind of mindful practice is meant to build not only physical strength and flexibility but also mental and emotional awareness and resilience.

HATHA YOGA - Is a **combination of the physical practice of Hatha yoga and the traditional flowing Vinyasa style**. It is a great introduction to yoga because it offers a slow, steady and gentle flow of postures that allow you to learn the basics of proper alignment, breathing and stretching.

STRECH-LAB - The class begins with a brief warm-up to increase blood flow and prepare muscles for stretching. This is followed by dynamic flexibility flows targeting the spine, hips, arms, and shoulders, then deep static stretches for the lower body, upper body, and core. The session ends with a cool-down to release tension and promote relaxation.

STRENGTH & SCULPT - This is a signature class that emphasizes control, resistance, and the mind-body connection. In this workout, you'll engage in low-impact sculpting exercises while using resistance-based training equipment. It's a great way to build strength and tone your muscles.

IRON SURGE - Class focuses on building strength, mobility, balance and stability to help you move better and stay injury-free. Using free weights, body weight, light resistance, and controlled movements. We train muscles and movement patterns used in everyday life and sports. Emphasis is placed on proper form, joint health, core strength, and flexibility. All exercises are scalable, making every move safe and effective for teens, adults, and older adults-whether you are new to fitness, or looking to improve performance and longevity. **NEW!**

LATIN COMMUNITY ZUMBA - Zumba class will be held in Spanish. Class won't require to speak Spanish to join the party, just learn a few words of Spanish with the instructor as you dance! Baila y disfruta mientras te ejercitas! 🎵 🧠 🗣️

CARDIO KICKBOXING Cardio Kickboxing is a martial art inspired group fitness format that is both heart-pumping and exhilarating. Using punches and kicks from disciplines such as karate, Muay Thai, and traditional boxing, is a total body workout that involves utilizing multiple muscle groups to elevate the heart rate and train participants in speed, agility, and quickness. In most Cardio Kickboxing classes in the movement prep segment, participants will be introduced to the proper technique in executing the four main punches: jabs, crosses, hooks, and uppercuts. In addition to punches, cardio kickboxing participants will also learn how to safely perform the kicks used during class. Front, side, back, and roundhouse kicks are the commonly used kicks in cardio kickboxing and will get your heart rate elevated.

WEIGHTS AND BANDS - This is full-body session blends dumbbells, resistance bands, and bodyweight moves to target all major muscle groups, improve strength, and enhance endurance. This workout is designed as a total- body strength and conditioning class that uses weight plates, dumbbells, resistance bands, steps and bodyweight. It's structured to work every major muscle group — legs, glutes, core, back, chest, shoulders, and arms — while also improving muscle endurance, posture, and balance, perfect early class to start your day!

Our Mission-The mission of the YMCA is to build a healthy spirit, mind and body, in children and adults, through programs that foster caring, honesty, respect and responsibility.

Our Cause-The Y is a diverse organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

We believe that lasting personal & social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause.

[Torrington Branch Group Exercise Substitutions](#)

